

## Nostell parkrun

Name	League	Time	Pace	Speed (MPH)	Time diff to 1st	% Diff	Position Points	Pace Points	Total Points
Shaun Furzer	P	0:18:48	06:03	9.92	00:00:00	100.00%	10	10	20
Joe Worthington	P	0:19:21	06:14	9.63	00:00:33	97.16%	9	9.72	18.72
David Caddick	P	0:19:47	06:22	9.42	00:00:59	95.03%	8	9.50	17.50
Adam Callow	P	0:19:50	06:23	9.40	00:01:02	94.79%	7	9.48	16.48
Sam Lockett	P	0:19:59	06:26	9.33	00:01:11	94.08%	6	9.41	15.41
Maksims Palciks	P	0:20:06	06:28	9.27	00:01:18	93.53%	5	9.35	14.35
Richard Ward	P	0:20:12	06:30	9.23	00:01:24	93.07%	4	9.31	13.31
Richard Burke	P	0:20:53	06:43	8.93	00:02:05	90.02%	3	9.00	12.00
Robert Milner	P	0:21:01	06:46	8.87	00:02:13	89.45%	2	8.95	10.95
Jordan Ripley	P	0:21:26	06:54	8.70	00:02:38	87.71%	1	8.77	9.77
Rowan Winks	P	0:21:33	06:56	8.65	00:02:45	87.24%	1	8.72	9.72
Simon Bennett	P	0:49:06	15:48	3.80	00:30:18	38.29%	1	3.83	4.83
Laura Stephenson	6	0:40:42	13:06	4.58	00:21:54	46.19%	1	4.62	5.62
Bill Winder	1	0:20:47	06:41	8.97	00:01:59	90.46%	10	9.05	19.05
Alex Robson	1	0:21:15	06:50	8.77	00:02:27	88.47%	9	8.85	17.85
Paul Farrell	1	0:21:47	07:01	8.56	00:02:59	86.30%	8	8.63	16.63
Ryan Gascoigne	1	0:21:54	07:03	8.51	00:03:06	85.84%	7	8.58	15.58
Mark Leadbeater	1	0:22:01	07:05	8.47	00:03:13	85.39%	6	8.54	14.54
Stephen Batty	1	0:22:35	07:16	8.25	00:03:47	83.25%	5	8.32	13.32
Nicola Thomson	1	0:24:15	07:48	7.69	00:05:27	77.53%	4	7.75	11.75
Sue Francis	1	0:26:01	08:22	7.17	00:07:13	72.26%	3	7.23	10.23
Joe Middleton	2	0:20:50	06:42	8.95	00:02:02	90.24%	10	9.02	19.02
Andrew Smith	2	0:23:59	07:43	7.77	00:05:11	78.39%	9	7.84	16.84
Lucy Vamplew	2	0:24:03	07:44	7.75	00:05:15	78.17%	8	7.82	15.82
Joanne Burke	2	0:24:22	07:51	7.65	00:05:34	77.15%	7	7.72	14.72
Adam Brown	2	0:25:23	08:10	7.34	00:06:35	74.06%	6	7.41	13.41
Gail Wrangles	2	0:28:24	09:08	6.56	00:09:36	66.20%	5	6.62	11.62
Tracy Anastasiou	2	0:44:00	14:10	4.24	00:25:12	42.73%	4	4.27	8.27
Laura Mcadam	3	0:25:43	08:17	7.25	00:06:55	73.10%	10	7.31	17.31
Fiona Marcantonio-J	3	0:26:05	08:24	7.15	00:07:17	72.08%	9	7.21	16.21
Rachel Cooke	3	0:26:51	08:39	6.94	00:08:03	70.02%	8	7.00	15.00
Paul Blundell	3	0:27:25	08:49	6.80	00:08:37	68.57%	7	6.86	13.86
Alice Copeland	3	0:27:47	08:57	6.71	00:08:59	67.67%	6	6.77	12.77
Gemma Lund-Ashby	3	0:33:10	10:40	5.62	00:14:22	56.68%	5	5.67	10.67
Thomas Macklam	4	0:28:33	09:11	6.53	00:09:45	65.85%	10	6.58	16.58
Donna Allan	4	0:29:47	09:35	6.26	00:10:59	63.12%	9	6.31	15.31
Roy Simpson	4	0:30:25	09:47	6.13	00:11:37	61.81%	8	6.18	14.18
Stewart Haigh	4	0:30:50	09:55	6.05	00:12:02	60.97%	7	6.10	13.10
Martyn Stearn	4	0:31:15	10:03	5.97	00:12:27	60.16%	6	6.02	12.02
Caroline Lawrence	4	0:32:40	10:31	5.71	00:13:52	57.55%	5	5.76	10.76
Sue Knowles	4	0:34:46	11:11	5.36	00:15:58	54.07%	4	5.41	9.41
Rachael Speight	4	1:06:59	21:34	2.78	00:48:11	28.07%	3	2.81	5.81
Victoria Peckover	5	0:28:59	09:20	6.43	00:10:11	64.86%	10	6.49	16.49
Gary Naylor	5	0:29:53	09:37	6.24	00:11:05	62.91%	9	6.29	15.29
Debbie Macklam	5	0:30:19	09:45	6.15	00:11:31	62.01%	8	6.20	14.20
Theresa De Beer	5	0:31:22	10:06	5.94	00:12:34	59.94%	7	5.99	12.99
Ian Vogan	5	0:31:44	10:13	5.87	00:12:56	59.24%	6	5.92	11.92
Wendy Berry	5	0:32:01	10:18	5.82	00:13:13	58.72%	5	5.87	10.87
Isla Guy	5	0:33:04	10:39	5.64	00:14:16	56.85%	4	5.69	9.69
Keith Robson	5	0:33:44	10:51	5.53	00:14:56	55.73%	3	5.57	8.57
Ian Hookham	5	0:33:50	10:53	5.51	00:15:02	55.57%	2	5.56	7.56
Nicola Henshaw	5	0:34:44	11:11	5.37	00:15:56	54.13%	1	5.41	6.41
Amanda McKinnell	5	0:35:54	11:33	5.19	00:17:06	52.37%	1	5.24	6.24

Georgi Newton	6	0:33:14	10:42	5.61	00:14:26	56.57%	10	5.66	15.66
Roger Waterhouse	6	0:35:49	11:32	5.20	00:17:01	52.49%	9	5.25	14.25
Jenny Boards	6	0:36:18	11:41	5.14	00:17:30	51.79%	8	5.18	13.18
Louise Bellas	6	0:37:30	12:04	4.97	00:18:42	50.13%	7	5.01	12.01
Alan Tattersall	6	0:38:16	12:19	4.87	00:19:28	49.13%	6	4.91	10.91
Clare Hill	6	0:38:17	12:19	4.87	00:19:29	49.11%	5	4.91	9.91
Helen Marsh	6	0:40:01	12:53	4.66	00:21:13	46.98%	4	4.70	8.70
Stephen Berry	6	0:40:07	12:55	4.65	00:21:19	46.86%	3	4.69	7.69
Jessica Hall	6	0:41:24	13:19	4.50	00:22:36	45.41%	2	4.54	6.54
Tracy Bridgett	6	0:41:54	13:29	4.45	00:23:06	44.87%	1	4.49	5.49
Emma Bird	6	0:44:52	14:26	4.15	00:26:04	41.90%	1	4.19	5.19
Karen Robson	6	0:48:32	15:37	3.84	00:29:44	38.74%	1	3.87	4.87
Sally Morris	6	0:49:02	15:47	3.80	00:30:14	38.34%	1	3.83	4.83
Deborah Eastwood	6	0:49:08	15:49	3.79	00:30:20	38.26%	1	3.83	4.83
Gill Bennett	6	0:49:09	15:49	3.79	00:30:21	38.25%	1	3.83	4.83
Brian Dodd	6	0:49:20	15:53	3.78	00:30:32	38.11%	1	3.81	4.81